
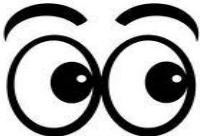




Am I in Control of My Body

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Using a positive corrective feedback approach, this strategy helps children monitor their behavior to see if they are in control of their bodies. Use this strategy at the beginning of an activity to help children get ready for learning and when they may begin to display behaviors that do not contribute to their learning.

- Teach children how this activity works by first describing the columns: body parts, yes/no options; and the rows: eye, ears, mouth, hands, and feet.
- Have the children check in to see if they are “in control of their body” by displaying the expected behavior. Say, “Let’s check in to see if you are in control of your body. (Point to the eyes and yes/no boxes.) Are your eyes looking at the talker? (Then point to the ears and yes/no boxes.) “Are you in control of your ears? Are your ears listening to the talker?” (Indicate yes/no. Point to the mouth.) “Are you in control of your mouth?” Continue with the hands and feet.
- Watch how children develop self-regulation skills!

Am I in control of my body?	 YES	 NOT YET
EYES 		
 EARS		
MOUTH 		
 HANDS		
 FEET		